



**Live Well
Gateshead**

Making changes today for a better tomorrow



News

February 2016

Live Well Gateshead

Helping people take the first step towards a healthier and happier future

Opening times

8am - 7pm **Mon-Fri**

11am - 4pm **Sat-Sun**

0800 014 9092

0191 283 1145

Our team of friendly, trained operators is on hand seven days per week to help clients access a wide range of services, complete lifestyle assessments and offer support to make positive behaviour changes, such as getting more active or losing weight.

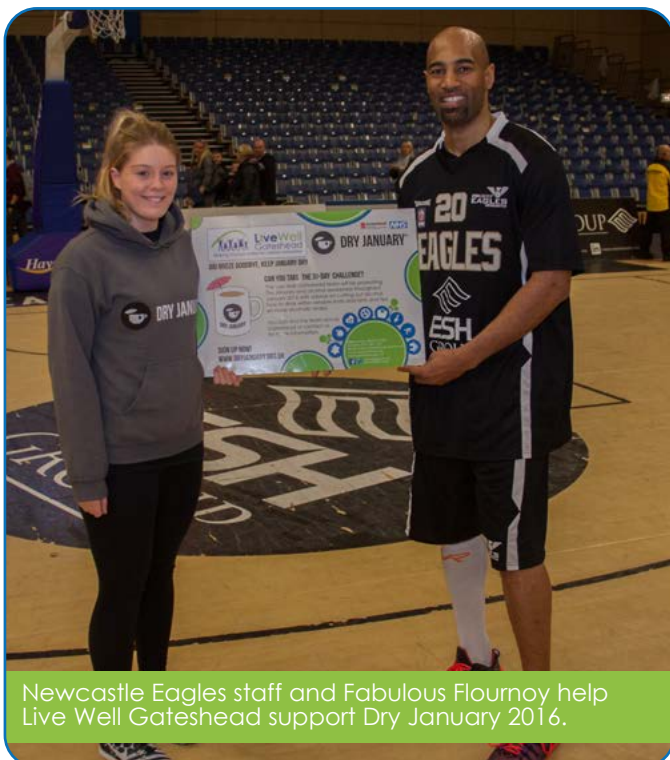
The Live Well Gateshead Hub provides information and advice on health and wellbeing issues as well as signposting people to specialist services eg housing advice or stop smoking support, community activities or to evidence-based self-help materials and resources.



Helen Pearce (Mentor Wellness Service/Workplace) for Live Well Gateshead took part in Dry January 2016.

My Story...Helen Pearce Dry January

I had the odd thought that it would be nice to have a glass of wine – especially on Friday night at the end of my working week. However, I have busied myself doing other things that I like such as listening to music, shopping, meeting friends for a walk or driving to my sisters for coffee. It hasn't really been too bad. I can't say that I've noticed any massive improvement in how I feel, though perhaps I feel more "alert". I have saved somewhere between £50 & £100. A real bonus for me though is that I have lost around 8 pounds in weight. I'm really thrilled at this. Having no alcohol AT ALL for thirty-one days has given me the opportunity to review my drinking habits and I'm hoping after Dry January to make some permanent changes around what and when I drink. I thought this process would be really difficult but it hasn't been. I am considering having regular "dry" periods in the future; perhaps twice a year.



Newcastle Eagles staff and Fabulous Flounoy help Live Well Gateshead support Dry January 2016.

Teams Life Centre do Dry January

Members of the community and users of Teams Life Centre expressed a keen interest in living a healthier lifestyle and wanted to make the commitment not to consume alcohol by signing up to Dry January. Dry January gives people the chance to ditch the hangover, reduce the waistline, and save money by giving up alcohol for 31 days. Those who signed up to Dry January were provided with educational materials and made aware of the benefits of abstaining from alcohol:

- Better sleep
- More energy
- Clearer skin
- Weight loss
- Time – no more hangovers to sleep off
- The sense of achievement for finishing the challenge
- A healthier relationship with alcohol – the stats show most participants drink less.

The centre is working alongside the Wellness Service to carry out a weekly weigh in with a goal to collectively lose a total of six stone by March 31st 2016. To compliment the centres weight loss goals, at the initial weigh in discussion meeting the Capacity Building Team used this opportunity to attend, engage with the community and sign up those who wished to participate in Dry January. Alcohol awareness and Live Well Gateshead information was provided to those who signed up to Dry January but also made freely available in the Centre and Gateshead wide.



Members of the community and users of Teams Life Centre say cheers to Dry January

Health Campaigns 2016

The next upcoming annual health promotion campaign is Get Sugar Smart.



let's get sugar smart

Live Well Gateshead is backing a new campaign, from Public Health England, that highlights the high levels of sugar found in children's everyday foods and drinks. The campaign encourages parents to get "Sugar Smart" and take control of their children's sugar intake. On average, children in England consume three times more sugar than the maximum recommended daily amount. They might seem fine on the outside but too much sugar can lead to the build-up of harmful fat on the inside that we can't see. This fat around their vital organs can cause serious diseases in the future.

Anyone can download the FREE Change4Life Sugar Smart app to find out how much total sugar is in the food and drink. Search 'Change4Life' for lots of free support, tips, ideas and recipes.

Find the sugar with our Sugar Smart App



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